

# **Quickstart your Kayak!**

## A BEYOND BOW Introduction to Recreational Kayaking!

Instruction provided by Black Parrot Paddling!

Tuesday, June 28, 2011 and Thursday, June 30, 2011

6:30 p.m. to 8:30 p.m.

**Proud Lake Recreation Area - Heavner Canoe Livery** 

2775 Garden Road-Milford, Michigan

Phone: (248) 685-2379

Black Parrot Paddling, LLC, & Heavner Canoe and Kayak Livery, Inc. team up with BOW to offer a shortened version of the American Canoe Association's, ACA, "Introduction to Kayaking" course. The course is designed to be an introduction for beginners or novice paddlers to the sport of kayaking.

This workshop, held on two weeknights provides a brief introduction into the paddling of a kayak. Information regarding the various types of kayaks, proper clothing and safety information will be provided. Participants will learn various paddling strokes and techniques allowing students to safely and comfortably maneuver on still water. Please plan to attend both evenings from 6:30 to 8:30 p.m.

Please visit: Blackparrotpaddling.com for more details regarding instruction!

For driving directions visit: <u>www.heavnercanoe.com</u>

For questions please contact Sue Tabor, MI BOW Coordinator

Email: dnr-outdoors-woman@michigan.gov or Phone: (517) 241-2225

CLASS IS LIMITED TO 10 WOMEN! PLEASE REGISTER EARLY!





Phone: (517) 241-2225

#### Michigan Department of Natural Resources

#### **BECOMING AN OUTDOORS-WOMAN**

### **REGISTRATION FOR**





This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

#### NO SKILL LEVEL REQUIRED!

REGISTER EA	RLY! WORKSHOP S	WORKSHOP SPACE IS LIMITED		FIRST REGISTERED - FIRST ENROLLED	
WHERE	PROUD LAKE RECREATION AREA 2775 GARDEN ROAD MILFORD, MI 48381	WHEN		THIS IS A TWO-PART CLASS! TUESDAY-JUNE 28, 2011 THURSDAY – JUNE 30, 2011 6:30 TO 8:30 P.M. BOTH CLASSES!	
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City, State, ZIP				eferences (if meals are included) neals will be served at this even	t
Telephone (daytime	9)		Is this you	first BOW event?	
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E-mail (please prir	nt clearly!)		Emergenc	y Contact Name and Telephone	!
understand the ake responsib	the information I have provided is true information contained herein; I recogn ility for all action or injury that may resuland instructors, from any and all liability	ize an It from	d understand t participation.	hat the program involves s Further, I release the Stat	some risks and I
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hereby grant publicity pieces	permission to use my photograph or v s. Publicity pieces include (but are no	ideo o	f me taken dui	ring this BOW event in an	y official s and web use.
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CASHIER'S OF MICHIGAN DEP O BOX 3045	ARTMENT OF NATURAL RESOURCES	OR	still need to fill or fax to: (517)	nline registration is not yet av out this form and mail it to th 373-1547. You may also scai itdoors-woman@michigan.go	e cashier's office n and email your
ANSING MI 48908			Confirmation will be sent via email only when payment and registration form have been received!		
or more details	contact:			For DNR Use Only	
Sue Tabor, BOV	V State Coordinator		BOW PROGRAM	LOWER MICHIGAN	LANSING
mail: dnr-outde	oors-woman@michigan.gov				